

# Do It Yourself Acupressure Kit

Acupressure & Acupuncture therapy have been recommended for discomfort and speedy recovery of health problems for thousands of years.

We have created a special product called QuantaGram™. This product is a special disposable non-invasive holographic sticker.

This kit contains 36 disposable holograms along with common placements for Acupressure points. You can use, learn and experience acupressure by following these points shown inside this kit.

This QuantaGram™ Acupressure Kit has been designed to be a non-invasive, safe, and effective way to learn our method of "do-it-yourself" Acupressure at home. This can help facilitate energetic communication via the body's meridians supporting harmony and a balanced body. Acupressure also supports the body's ability to cleanse, balance and build.

**USAGE:** For external use only. Apply hologram sticker on acupressure points as indicated in diagrams inside this brochure for "do-it-yourself" acupressure.

These safe non-trans-dermal holograms do not have to touch the skin and can also be placed on bandages or clothing at the selected points.

**100% PRODUCT GUARANTEE:** We stand by the quality of each of our products with a 100% satisfaction guarantee.

[QuantumLifestyle.com](http://QuantumLifestyle.com)

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**IMPORTANT:** This product is not intended to treat disease, replace medication, support or sustain human life, or prevent impairment of human health. Keep out of reach of children.

**PROPER CARE:** To keep your Holograms safe and fresh, do not store near electrical appliances and store them in the included static bag.

**WARNING:** Do not use if pregnant. If using the Sleep Hologram, do not drive or operate heavy machinery. Do not place on open sores or bleeding areas. If you suffer from [ any ] health [ conditions ], consult [ a ] medical professional prior to use of this product or any type of acupressure.

**FOR EXTERNAL USE ONLY:** Choking Hazard, keep out of reach of children. Do not eat or place in mouth.

Lot# 1 Expires: 1/2026

 Quantum Lifestyle  
**QuantaGram™**



 Quantum Lifestyle  
**QuantaGram™**



**RELEASE**  
Change Bad Habits



## Learn Do-It-Yourself Acupressure

- Quick & Simple to use
- Safe - Non Trans-dermal Holographic Placement Stickers
- Acupressure utilizes energy pathways to trigger release of muscular tension and blood flow
- Supports The Body's Natural Ability To Feel Better
- An Experience To Enhance Your Life

This Kit Contains 36 Disposable QuantaGram™ Holograms and Instructions

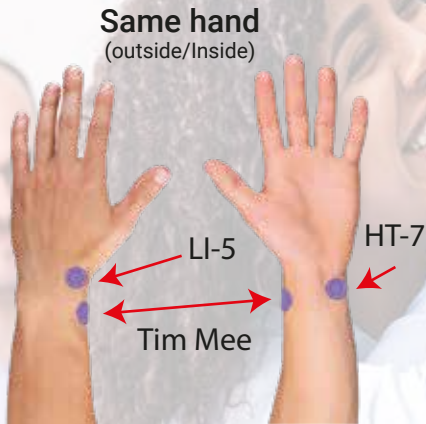
## Acupressure Points to Stop Smoking

We focus on three (3) Acupressure points that assist with support of changing smoking habits.

**LI-5:** (Large Intestine, headache, congestion) When thumb tilted up, it is in the depression between tendons before the wrist.

**Tim Mee:** (No Smoking & Detox) Located below LI-5, over the bony ridge on the side of the wrist. One fingers width below the wrist crease.

**HT-7:** (Supports heart - calming anxiety) Located just below the inside of the wrist crease, on the small finger side of the arm.

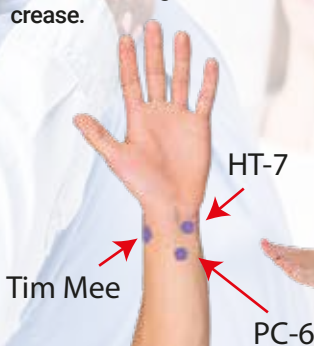


## Acupressure Points For Substance Abuse

**Tim Mee:** (Detox) Located below LI-5, over the bony ridge on the side of the wrist. One fingers width below the wrist crease.

**HT-7:** (Heart) Located just below the inside of the wrist crease, on the small finger side of the arm.

**PC-6:** (Anxiety) Between the two tendons on the inside of the wrist, about three fingers below the wrist crease.



**SP-6:** (Supports function of spleen, liver, stress, kidneys and more) Located one hand width above the edge of the tibia. (shinbone on inside of ankle)

**ST-36:** (Supports helping with stroke, pain, hypertension) Outside lower leg, one hand width below the knee crease.



Apply the Quantum Lifestyle Holograms on the points shown in the illustrations above. Place on clean, dry and oil-free skin (clean with hydrogen peroxide, when possible). The hologram's adhesive is a food grade adhesive so it may not stay in place due to the many different skin types or climates. Some skin types may need the assistance of a bandaid or similar tape to hold holograms in place. Acupressure points obtained from Veterans of Foreign Affairs and NIH sources.

**WARNING IF PREGNANT: Do not use holograms or acupressure points without the direction of your health professional. Most importantly do not use SP-6.** For best results, keep your body well hydrated. **IMPORTANT:** Quantum Lifestyle Holograms are for self-education and research purposes only. Keep away from strong electromagnetic fields, such as microwave ovens.